

Amend claim 12 as follows:

A2 ^{Sub} ~~--12. (amended) The composition according to claim 9, wherein the anionic component of the creatine salt is a precursor of a Krebs cycle intermediate.--~~

Amend claim 14 as follows:

A3 ^{Sub} ~~--14. (amended) The composition according to claim 1, comprising 1-10 gram creatine, 0.6-5 gram phosphorus, 0.1-15 gram buffer, and 1-100 g of digestible carbohydrates.--~~

Amend claim 16 as follows:

--16. (amended) The composition according to claim 1, further comprising a pentose.--

A4 [Amend claim 17 as follows:]

--17. (amended) The composition according to claim 1, further comprising a sodium salt.--

Add the following new claims:

A5 ^{Sub} ~~--23. (new) The composition according to claim 14, wherein the creatine is provided by creatine citrate, the phosphorous is provided by phosphate, and the buffer is provided by a combination of carbonate and at least one of biocarbonate and citrate.~~

--24. (new) The composition according to claim 16, wherein the pentose is ribose.

--25. (new) The composition according to claim 17, wherein the sodium salt is sodium phosphate.--